

Rehabilitation in action

Zurich Workshop: Menopause
References and Resources



References and resources

Menopause

[Menopausesupport.co.uk](https://menopausesupport.co.uk) - Practical individual advice and support and can also offer training in the workplace to raise awareness

www.nhs.uk/conditions/menopause - overview of NICE recommended treatment and support

Mental Health support

NHS Mental Health support live link to NHS help - www.nhs.uk/mental-health

MIND: www.mind.org.uk, Tel 0300123 3393

Women's Health support

Health, wellbeing and lifestyle advice and support - Womens-health-concern.org

Fertility concerns: Fertilitynetwork.org

Family planning and sexual health: Straightforward advice and support - fpa.org.uk



References and resources

Bladder and Bowel concerns:

For adults (18+) - [bladderandbowel.org](https://www.bladderandbowel.org)

Exercise and the menopause – “what’s the best exercise for the menopause?”

<https://www.bupa.co.uk/health-information/womens-health/menopause-exercise>

Royal college of Gynecologists and Obstetricians – patient advice and leaflets

[Rcog.org.uk/en/patients](https://www.rcog.org.uk/en/patients)



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